

Amendments to the Specification

ABSTRACT

An adjustable swing training aid for training an athlete to perform a desired swing. The swing training aid includes an adjustable stand having a pad connector; and a swing pad having an attachment spot for attaching the swing pad to the adjustable stand. The stand adjusts to move the swing pad into a desired position. The adjustable stand can include a base, a first arm of variable length, a second arm of variable length, a first adjustable connector, and a second adjustable connector. The first arm is coupled to the base. The first connector couples the first arm and the second arm, and adjusts the angle therebetween. The second arm is rotateable about the base. The second connector couples the second arm to the swing pad and adjusts the angle therebetween. The swing pad preferably includes a plurality of attachment spots for connecting to the pad connector.